

Tips for Improving Attention and Concentration



Your ability to sustain concentration depends on the wellbeing of your brain, so good nutrition, stress management, and rest are critical. Setting yourself up for success, and practicing sustaining attention are great strategies to improve concentration. Here are some examples:

Eat a healthy, well balanced diet, while avoiding sugar filled drinks. Coconut oil and fish oils are known to enhance brain function, while sugar and simple grain-based carbohydrates decrease mental focusing ability.

Strive for at least 7 hours of good sleep. While you sleep, your brain consolidates and stores memories, restores energy reserves, and flushes waste from your brain.

Manage your stress by getting exercise, and spending time outside in nature, with a pet, listening to music, or enjoying hobbies and crafts.



Practice some simple mental focusing exercises such as:

Take a book and count the words in a paragraph. Then count them again to be sure you have counted them accurately. After a few times, do two paragraphs. Then try a full page. Do the counting mentally with your eyes, no pointing.

Count backwards from 100. Next try counting backwards from 100 by 5's, and then by 3's.

Establish eye contact, and maintain it throughout conversations.

Follow verbal directions, beginning with a sequence of two directions.

Try to stay focused on a task while someone attempts to distract you.

Play Simon Says, or other brain games.

Recite poetry, times tables, etc.

	A			2	4	O	
8		1	B			5	C
2	M	0	7		5	D	3
4		3		5	7		E
			2		0		F
	G		3	1			0
H							4
K		2	N	3			L
0	3	4			8		5
							1

See how many objects you can name in a particular category, such as fruit, sports, colors, etc. in one minute.

Hold your eyes steady on a target, such as your finger or a glass of water, for one minute without thinking about anything else, or meditate.

Set yourself up for success by using the following strategies.

- Organize a work space with limited distractions.
- Do one thing at a time.
- Break down large projects into smaller steps.
- Set aside a reasonable amount of time to focus on and complete a specific task – 15 to 20 minutes.
- Set a time for the completion of a specific goal.
- Build in planned breaks with physical activity.
- Practice Positive Self Talk (rather than the automatic negative self talk) – “I will pay attention to my work”, and “I will stay focused until I am finished”.



Recommended reading: Focus Your Attention by Remez Sasson